



TABBOULEH WITH, MINT, TOMATOES AND CHICKPEAS

FAST. EASY. FRESH.

1. Combine the **bulgur, vegetable bouillon**, 3 cups water, and 2 tsp. **sea salt** in a small pot and bring to a boil. Reduce the heat to low, cover, and let simmer for 12-14 minutes, or until moisture is absorbed and the bulgur is cooked. Strain any remaining liquid (if any), and spread the cooked bulgur out on a sheet. Place it in the freezer to cool down for about 5 minutes.

2. Meanwhile, peel and finely dice the **red onion**. Chop the **parsley** and thinly slice the **mint leaves** finely. Cut each of the **cherry tomatoes** in half. Drain and rinse your **chickpeas**.

3. Once the bulgur has cooled down, place it in a large bowl and add your **red onion, parsley, mint, tomatoes, chickpeas, olive oil, and lemon juice**.

4. Toss the ingredients to mix. Adjust the seasoning to your liking with **sea salt** and **black pepper**.

5. To serve, portion the tabbouleh into bowls and enjoy!



Ingredients (4 Person Serving – 610 Calories Per Serving)

Red Onion	1	Lemon Juice	5 Tbsp.
Parsley	Small Bunch	Bulgur	1 ½ Cups
Mint Leaves	10 g	Vegetable Bouillon	1 Tbsp.
Cherry Tomatoes	20	Sea Salt	2 tsp.
Chickpeas	1 540 ml Can	Salt and Pepper	To Taste
Olive Oil	6 Tbsp.		

25 Minute
Cook
Time!